

MY DAILY STRETCH ROUTINE

Advanced



 THE
REVIVAL
COACH

MY DAILY STRETCH ROUTINE

Stretching is often underrated, even though plenty of research highlights its importance.

This advanced stretching routine, using a band or daisy chain, allows you to take your flexibility to the next level by stretching muscles even further.

Here's why it's worth incorporating into your fitness routine:

- **Increased Flexibility:** Allows for a deeper stretch and improves the range of motion in your joints.
- **Better Performance:** Enhances physical activity performance by improving mobility and flexibility.
- **Injury Prevention:** Helps reduce the risk of injury by keeping your muscles and joints flexible and healthy.
- **Joint Health:** Promotes full range of motion for long-term joint stability.
- **Improved Blood Flow:** Increases circulation, allowing your muscles to function more efficiently.
- **Everyday Functionality:** Helps make everyday movements smoother and more effective.

Some studies even suggest that advanced stretching techniques can contribute to muscle hypertrophy, supporting your strength and size goals.

Commit to completing this advanced routine once a day, and I assure you—your future self will be thankful.



MY DAILY STRETCH ROUTINE



1. Butterfly Stretch

Muscles Worked: Adductors & Hip Flexors

Directions:

1. Sit on the floor and bend your knees, bringing the soles of your feet together.
2. Hold your feet with your hands.
3. Rest your elbows gently on your knees.
4. Let your knees naturally fall towards the ground, keeping your back straight.

Hold the stretch for 20 seconds. Repeat the stretch twice.



2. Pigeon Pose

Muscles Worked: Glutes & Piriformis

Directions:

1. Start by bringing one leg forward, bending the knee, and extending the opposite leg straight behind you.
2. Open your front knee outward to deepen the stretch.
3. Lower your torso forward, bending your elbows as you lean into the stretch.

Hold for 20 seconds. Switch legs and repeat twice.



3. Inner Thigh Stretch

Muscles Worked: Adductors, Hip Flexors & Hamstrings

Directions:

1. Lie on your back and loop the band around your right foot.
2. Hold the band with your right hand to create tension.
3. Gently lower your right leg to the side toward the floor until you feel a stretch in your inner thigh.

Hold the stretch for 15 to 30 seconds. Switch sides and repeat.

MY DAILY STRETCH ROUTINE



4. Lying Hip Stretch

Muscles Worked: Hip Flexors, Glutes & Hamstrings

Directions:

- Lie on your back and loop the band around your right foot.
- Hold the band with your left hand.
- Straighten your left leg on the floor.
- Gently lower your right leg across your body to the left as far as possible, feeling the stretch in your right hip and glute.

Hold the stretch for 15 to 30 seconds. Switch sides and repeat.



5. Kneeling Quad Stretch

Muscles Worked: Quadriceps

Directions:

1. Start kneeling with your left leg bent behind you and your right leg bent in front, with your right foot flat on the ground.
2. Wrap the band around your left foot and hold both ends with your left hand.
3. Gently pull your left heel toward your butt.
4. You should feel a stretch in the front of your left thigh.

Hold for 30 seconds. Switch sides and repeat.



6. Child's Pose

Muscles Worked: Back, Hips, Thighs

Directions:

1. Kneel on your mat with your knees together or slightly apart.
2. Lower your torso down onto your thighs.
3. Rest your forehead on the ground, extending your arms forward or alongside your body.

Hold the stretch for 20 seconds. Repeat the stretch twice.

MY DAILY STRETCH ROUTINE



7. Cobra Pose

Muscles Worked: Spinal Extensors, Serratus, Rotator Cuff

Directions:

1. Lie face down on your mat.
2. Place your hands on the ground under your shoulders.
3. Lift your chest off the mat, reaching forward and engaging your core.

Hold the stretch for 20 seconds. Repeat the stretch twice.



8. Thread The Needle

Muscles Worked: Delts, Pecs, Neck, Upper Back

Directions:

1. Start on all fours with hands under your shoulders and knees under your hips.
2. Reach one arm under the opposite arm as far as possible, rotating your torso and rounding your upper back.
3. Hold the stretch for 20 seconds.
4. Return to the starting position and switch sides.

Repeat the stretch twice on each side.



9. Standing Hamstring Stretch

Muscles Worked: Hamstrings

Directions:

1. Stand straight with your feet hip-width apart.
2. Slowly bend forward at the hips and reach down to touch your toes.
3. Reach as far as you can comfortably go.

Hold the stretch for 20 seconds. Repeat the stretch twice.

MY DAILY STRETCH ROUTINE



10: Shoulder Flexion Stretch

Muscles Worked: Delts, Pecs, Lats

Directions:

- Hold the resistance band wider than shoulder-width apart.
- Raise the band overhead, like a front raise.
- Keep your ribcage and shoulder blades down.
- If you lose posture, stop and reset.
- Maintain steady tension in the band without pulling it apart.
- Move slowly, focusing on good posture and control.

Hold for 20 seconds and repeats twice.



10. Deltoid Stretch

Muscles Worked: Deltoids

Directions:

1. Reach your left arm across your body at chest height.
2. Support your left arm with your right elbow.
3. Use your right arm to gently pull your left arm closer to your chest to increase the stretch.

Hold for 20 seconds. Switch sides and repeat twice.



11. Elbow Up Stretch

Muscles Worked: Triceps

Directions:

1. Reach your right arm overhead to lengthen the right side of your body.
2. Bend your right elbow, bringing your fingers toward the middle of your upper back.
3. Grab your right elbow with your left hand and gently pull down to increase the stretch.

Hold for 20 seconds. Switch sides and repeat twice.

MY DAILY STRETCH ROUTINE



12. Neck Stretches

Flexion & Extension (Forward & Upward Bending)

Muscles Worked: Neck Flexors

Directions:

1. Slowly lower your chin toward your chest, looking down.
2. Keep your shoulders and back still, moving only your head.
3. Hold the stretch for 5 seconds.

Return to the neutral position and repeat 3–5 times.



Lateral Neck Flexion (Side Bending)

Muscles Worked: Neck Lateral Flexors

Directions:

1. Slowly bend your head to the left, bringing your left ear toward your left shoulder.
2. Keep your shoulders and back still.
3. Hold the stretch for 5 seconds.

Return to the neutral position and repeat 3–5 times.



Neck Rotation (Turning Side to Side)

Muscles Worked: Neck Rotators

Directions:

1. Keep your back straight and shoulders still.
2. Slowly turn your head to the left as far as it can comfortably go.
3. Hold the stretch for 5 seconds.

Return to the neutral position and repeat 3–5 times.